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friendship to the second. In this manner the shepherd, because he is useful and necessary to his patron through the power and prestige which his political allegiance and social attentions confer on him, is never entirely powerless to resist those administrative actions of Government which threaten his way of life. The system of patronage introduces a flexibility into administrative machinery whose workings are very often directed by persons remote from the people whose fortunes they are affecting.

5. MERCHANTS

A further system of relationships, which cross the boundaries of the community and relate it to the world outside, results from the shepherds' need to market the produce of their flocks.

They must sell this produce to provide the money required for the flour used in their bread, for the payment of their grazing dues, and for the growing list of luxuries which since 1938 through close observation of village life they have discovered to be essential to a family's self-esteem. These luxuries are for the most part articles of manufactured clothing, cotton summer dresses for the girls at school, European as against traditional shoes for men and women, tailored shirts for the men. Ten years ago the homespun cloth for men's jackets was cut by the women; it is now sent to a professional tailor. Pieces of cheap earthenware crockery and glassware begin to replace the heavy pewter plates and drinking mugs. There is increasing pressure to conform to village standards in these matters and each year more money is spent on the clothes and other things that have become prestige symbols. Each year, as the available winter grazing tends to decrease in area, its cost rises. While twenty years ago the whole community ate the yellow maize bread, today almost all the families make their bread from a more expensive brown flour which is largely wheaten in content. Only a few very poor families continue to eat yellow bread, and for this economy they suffer much ridicule. On all counts, the minimum money income required by a family to live in a style that will secure its prestige has greatly increased.

In the memory of living people the community has always exchanged some of its produce for money, and like many other pastoral and agricultural communities elsewhere it has always lived on credit for part of the year, paying off the greater part

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for physical survival. A man's state of grace is never static, always dynamic. He strains towards God but is ever pulled downward by the weight of the human condition of sin; yet periodically the saving grace of Christ's blood allows him again to approach nearer to God.

The receipt of the sacrament is not a passive act. Men must give some pledge of their will to turn to God. At the greater religious festivals, Christmas, Easter, St. George, the feasts of Assumption and St. Demetrius, when they may communicate, Sarakatsani sacrifice a lamb or sheep (θυσιάζουν, κάνουν κουρμπάνι). Other occasions when sheep are slaughtered are similarly religious as well as social events, weddings, baptisms, or the dedication (τάξιμο) of an animal to a Saint if men or sheep fall sick. Sheep are never killed for meat but only in the form of sacrifice. Preferably the animal should be male and 'clean', that is a lamb, or a ram that has not mounted a ewe. The sheep is believed to know its fate to which it goes quietly and willingly. In describing forms of sheep theft I have suggested that the sheep which support the life and honour of a family have a spiritual as well as an economic value. Of the white Easter lamb they say, 'we bleed it to honour Christ' (τὸ ματώνομε νὰ τιμήσωμε τὸν Χριστό). A shepherd skins a sheep with swift and confident strokes of the knife but his face is strained and concentrated as he cuts into the artery in the animal's neck. With this sacrificial stroke he gives something of himself. The Sarakatsani are conscious of this element of reciprocity. As Christ pours out his blood to open a way between men and God, so the Sarakatsanos pours out the surrogate blood of his sheep to the same end. And since the sheep is the means of establishing a partial relationship between man and God, those who share its flesh are participating in a form of sanctified communion. And, for the same reason, God chooses to communicate intelligently with men through the shadow markings on the shoulder blade and the condition of the liver.

A man must prepare himself in other ways. He must fast for forty days before the beginning of the 'Great Week', and in this matter the Sarakatsani are more strict than many villagers. Olives, cheese, eggs, milk, meat, fish are not eaten. During Easter week itself even bread is abandoned and the

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families live for the last few days on vegetable soup, beans, and coffee. For this week, at least, the ancestral sins of sensuality and envy must be suppressed. The community becomes continent and unrelated men behave towards one another with unaccustomed warmth and goodwill. A man must truly repent his personal sins. Whenever a confessor is within reach, he ought to make a confession of his sins before taking communion. He must approach God with a 'good heart'. In these ways a man to a degree, loosens the hold which material things and the senses hold over him and, in some measure, is purified so that he may receive into himself the divine element. The Sarakatsanos believes that if he is properly prepared ritually and spiritually to receive the sacrament, then his sins are forgiven. The wine he drinks is indeed the blood of Christ (the body is seldom mentioned) and it is considered a sin if any man suffers a fit of vomiting in the 40 days which immediately follow communion. It is also described as a remembrance (ἐνθύμιον) of Christ. Thus the wine is at one and the same time a symbol of the first sacrifice and a material substance in which divine energy exists. It represents, and it is, the blood of Christ.

4. SOCIAL VALUES AND RELIGIOUS IDEALS

At the risk of some repetition, the problem of the opposition of two systems of values, one social the other religious, has yet to be explicitly considered. This community of Sarakatsani, whose coherent and distinctive traditions suggest, in the absence of any certain historical proofs, that it may have existed since, at least, the late Byzantine period, possesses a body of social values based upon a number of simple and unambiguous concepts of honour, strength, prestige and pride. And in the previous chapter I have emphasized the exclusive and particularist form of these social ideals. Yet throughout this period the community has belonged to an Orthodox Christian civilization. Allowing for its primitive material culture and geographical isolation, it has clearly been profoundly influenced by this wider membership as, for instance, even a cursory examination of Sarakatsan wood-carving immediately suggests. Although it is true that the relationship of the Sarakatsani to the Orthodox Church, as an institution, has been sufficiently tenuous to result in a popular religious life that is a gross

192
233 is at the Feast of the Annunciation, "when the first cuckoo is heard"? Such were the topics that boomed about the room.

233
221 Barba Petro pointed out the celebrities: "Uncle George over there, with only one eye — he's one
103 of the biggest *tsellingas* in the Rhodope. Over ten
[494] thousand sheep and goats he's got, and I expect this is the first time he's been inside a house. The one talking to him is ninety-three, and he used to pasture his flocks near Saranta Ekklesies, or Forty Churches — Kirk Kilisse, the Turks call it —
[648] away, away beyond Adrianople. Then, after the Balkan Wars, the Turks closed the frontier, so now he builds his winter huts along the coast, west of here, below Xanthi. The other one, with a scar on his forehead, used to winter between Haskovo and Stara Zagora — wonderful grass! — but now, what with the Bulgars, the horn wearers, he's had to look elsewhere. I had a few, but good ones. I used to graze them not far from Kios, in Bithynia, near Nicaea, on the Asian coast. That was years ago. Caïques sailing past in the Sea of Marmara could hear my bells. But the Rhodope is where we all belong."

101 I asked him what the name "Sarakatsán" meant, saying that I had heard it was really *Karakatchani*, a Turkish word meaning "the black ones who depart" or "the black departers." He shut his eyes and flung back his head, clicking his
[173] tongue in the negative. "No, no. That's not right. We don't know, but some people say we get our name from the village of Syrako, in Epirus, and that Aly Pasha burned the place down and drove us away and left us wandering ever since." I said
101 Syrako was a Koutzovlach village. Uncle Petro
186 testily stabbed the butt of his crook into the mat several times. "I don't know anything about that. *We are Greeks*. Nothing to do with the Koutzovlachs. Who knows where they come from? You can't understand them when they are talking among themselves. People are always getting us mixed up, because we both wear black and graze
[582] flocks. We keep clear of them. You'll never get a Sarakatsán marrying a Koutzovlach. Let alone a Karagouni. *Po, po, po!*" At the mention of these other tribes, he caught the hem of his jacket between finger and thumb in a Panhellenic gesture of squeamish disdain, and shook it lightly to and fro as though to rid it of dust and vermin.

585 The reiterated song of welcome, after gradually
● 262 swelling in volume as the room filled with guests, had stopped long ago. Low circular tables, laid
[252] with glasses and with communal dishes of roasted
[263] steaming lamb, skillfully hacked from the carcasses turning outside and sprinkled with rock salt, were

585 262 [273] being moved in and wedged among the company as tightly as jigsaw pieces. Wicker-bound demijohns of wine were beginning to travel from hand to hand overhead. Glasses clashed convivially together, miraculously filling up as soon as they were drained, and plates were returning again and again for second or third helpings. Outside the window, swarms of guests were feasting under the trees. Whole lambs were being flourished, sizzling and smoking on their spits, and we could hear the crash of cleaver on block and the crunch of hewn bones as a sinewy nomad toiled like a headsman to keep pace with two hundred magnificent [252] appetites. Nothing accompanied this delicious roast except cross sections of dark and excellent bread sliced from loaves like small millstones and hot from the domed ovens outside. [209] It was, in a way, a Stone Age banquet. Strangers, on occasions like these, are the objects of eager solicitude: special morsels, forkfuls of liver or kidney and even more recondite appendages, are constantly being proffered, and helpings of brain are delved from heads which have been bisected lengthwise and opened like a casket, each half, sometimes, still equipped with a twisting horn. Avoidance of the sheep's eyes is a recurrent problem for outsiders. They are highly prized by mountaineers, but for all but the most assimilated travelers, the message they signal from the prongs is one of harrowing reproach.

585 533 After an hour or so the general hum of talk sank to a single deep bourdon note which resolved itself into the opening phrases of a Klephtic song, the first stanza being sung by a group of two or three, and then repeated in a slow and long-drawn roar, starting with the vehemence of a lurch, by the rest of the shepherds. Rather surprisingly, so far from the Peloponnesus, it was about the great War of Independence leader, Kolokotrones. (I would have expected some more northern Klepht, and above all, Katsandónis, a Sarakatsán from the wild Agrapha Mountains.) [539] "Kolokotrones shouted," sang the nomads' voices, "and all the world trembled: 'Where are you, poor Nikitara, you whose feet are winged? Go, go and seize the Turks, drive them like hares into a trap, slay some and capture some, and lock some up in the castle. . . . At Antikorpha and Trikorpha the blood is flowing like a brook.'" This gave rise to another deep melopoeia from the south: "They have blocked all the roads of the Morea, they have sealed up all the passes." When the massed voices died down, the steady and unchanging note of the smaller group continued in a wail, setting up its own curious vibration. This comparative lull was always followed by the long deep cry of conjuration, "*Oré!*" ("Oh, you!" or "Hark!"), which ushers in most Klephtic stanzas, and another act from the

spread sudden panics, and when they are not actively engaged in evildoing, they skulk out of sight but within earshot and play their flutes.

Good and evil omens, as of old, are discerned in the flight of birds. The nomads abhor eagles and vultures and all birds of prey that hover on high: they belong to the devil, and are thus in league with the evil spirits. When these harbingers of peril hang in midair above a caravan, they are spying on the destination. The nomads' abomination of these birds may also spring from the occasional raids of eagles, when newborn kids are carried away bleating piteously into the sky. The nomads prophesy from entrails, and like most ancient and modern Greeks, they read the future in the markings on sheep's shoulder blades. Their sacrifices, *kourbania*, are frequent. A *Pitta*, a kind of cake which is baked in a wide metal pan, is the rather gloomy fare at most of their feasts, as they consider it wrong to kill and eat an animal without some ritual excuse. So, as the only meat they get is that when a beast is slaughtered for a sacrificial occasion, they pine for these pretexts, even when the cause is a distressing one. A wedding or the christening of a *tsellingas*' son, the illness of one of their community, an epidemic among the flocks, the birth of a seven-month child, the arrival of an honored guest, or the end of shearing — all these are occasions for meat. The sacrificial beast is always roasted whole on a spit, and its throat is cut as it lies on a flat branch with its eyes looking into the sun. The act is surrounded by much mystery, and the nomads peer at the insides for mantic significance; and at Easter, a bloody cross from the paschal lamb is dabbed on the shoulders of children.

The approach to Lent, and especially the Saturday night and the early hours of the Sunday before Lent, used to be the signal for much behavior which was not found elsewhere. The wearing of masks, the painting of faces, the donning of whiskers and beards of goat's hair, and the young men dressing up as women — all this, with copious drinking, horseplay, and cheerful frisking about among the wigwams, is pretty current practice still, a token of rustic carnival zest. But formerly it took a much more stylized form. A heavily painted young man clad in a scarlet dress and long goatskin locks was chosen as a bride, and a whiskered and skin-clad comrade represented the groom; others were rigged out as the priest, the *koumbaros*, and the wedding guests. A mock Christian marriage was then irreverently solemnized, followed by dances which were far more uninhibited than are those at a real marriage. The bridal

S 123 a movement or revolution — but little more." (It occurs to me now that they may have been prudently waiting to see what sort of bird I was; what tobacco I smoked, as the phrase goes.) It seemed hardly credible that they were unapprised of events which had taken place so few miles away and had split the whole of Greece in two. Anyway, eagerly or ironically, they listened to my stumbling, gesticulating, half ancient and half modern, onomatopoeia-laced pantomime of the tidings: the revolt of half the armed forces in favor of Venizelos, the bombardments in Athens and Attica, the advance of the government forces through Salonika to the Struma River, the battle at the bridge, how the mutinous battleship *Averoff* had sailed away to Crete, how Venizelos himself had fled, probably to Cyprus, while the Macedonian leaders were retreating to Thrace, and perhaps into Bulgaria. A score of hooded nomads had gathered around me, leaning on their crooks and clicking their tongues deprecatingly at the right moments. S 123 When I finished I noticed that their weather-beaten faces, possibly because of amusement at the odd idiom in which this communiqué had been delivered, had lost their sternness; the blue-gray eyes of the beetling despot who had first spoken had assumed a paternal look. "*Eh, paidí, mou,*" he said, with a cheerful expression that clashed with his words, "*kakos einai o polemos.*" ("War's a bad thing, my child.") Then, over his shoulder, he said to the others, "The boy must be hungry." I clambered down, a fair-haired boy took my horse, and another the saddlebags and the saddle and a bag of oats, and we headed through the dusk for the huts.

S 262 263 By the time we had finished the hot milk with black bread broken into it, and sprinkled with hammered salt — their only food it seemed, which we all spooned in unison out of the same dish — about forty shepherds were eagerly settled, unshod and cross-legged on the spread blankets, nursing their crooks around a fire of thorns in the center of a great domed hut. Half a dozen dogs lay panting in the dark doorway. The old man was S 272 forever pushing, with oak-apple-jointed fingers, a minute saucepan into the embers, and we hissed and gulped in turn over the same small cup of S 274 scalding and bubbling coffee. Another shepherd was busy slicing up handfuls of tobacco leaves on a log with a long knife, then rolling them and politely offering the rough cylinders for the smoker to lick shut and light with a twig. The day's halting saga, the oddity of its language evoking friendly laughter from time to time, was demanded all over again and discussed for hours.

There seemed to be hardly a thing in the hut

/94 cont./

233 (the time when milking stops), milking takes place around noon, that
234 is to say, once a day. However, the intervals become progressively
221 more spread out, inasmuch as the production of milk decreases as the season advances; thus, toward the 15th of August milking is done only every two or three days.

236 /95/ As for shearing, everything relating to it has already been pointed out in connection with the wool crafts. Hence we shall not go back over it here.

262 Finally, we must emphasize that the meat is almost exclusively
439 a means of trade for the Sarakatsani, since they eat it only five

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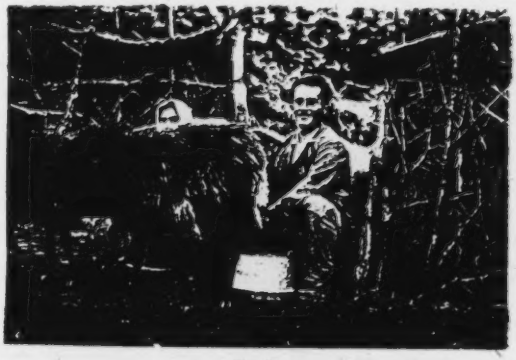

Fig. 75

262 or six times a year. On very rare occasions they "sacrifice" a lamb.
[439] This is their own expression, and it is a sufficient indication of their attitude with regard to this act.

233 Likewise, they never kill female animals (except when these are
[262] sterile) because it is precisely on the female that their economy rests.
[432] The male lambs are the ones which, after 40 days, are gradually

/108 cont./

291 ornaments of the women (clasps, chains, etc.), as well as the cotton
439 fabrics for the "foustanella," for the shirt or for underclothing are bought commercially.

294 Finally, the services of the tailor also come from the outside; an
445 itinerant tailor is called upon to make the "foustanella" and vests
177 of every sort.

294 The Sarakatsani make only their other clothing themselves.

513 Blankets and rugs

352 The description of blankets and rugs was given in connection with the study of their manufacture.

As far as their use is concerned, it should be pointed out that while the "tsolia" and the "fouskotto" are always used as rugs, the blankets have the double role of covering human beings while they are asleep and making them comfortable on the floor of the hut. A double use which, however, does not take away from their character as blankets for their second use is merely complementary. However, the "karamelotti" blankets (fig. 40) are never used as rugs.

513 One other point remains to be stated: the Sarakatsani are not even acquainted with sheets and mattresses. On the other hand, cushions and pillows are widely used.

Food-Drink-Heat and Light

262 Food.

If we wish to classify in a hierarchical order the basic products that enter into the food of the Sarakatsani we should mention first milk and dairy products, then maize and wheat flour, then edible grasses, vegetables, olive oil and last of all meat.

[439] All these subsistence goods are directly at the disposal of the Sarakatsani except flour, oil and vegetables for which he must turn to the economy of surrounding society on which he depends to this extent.

[251] /109/ Moreover, dairy products (cheese, butter), wheat and maize,

, /Fig.40 appears on p.66--Analyst/

/109 cont./

262 251 vegetables and oil must be stored up, inasmuch as the first cannot be daily products and the others must be bought in bulk, since the Sarakatsani live in isolated regions.

128 This said, let us examine the methods of food consumption from a triple point of view: a) the preparation of foods; b) their cooking; c) their consumption.

252 The preparation of foods

Bread: the different kinds of bread made by the Sarakatsani can be distinguished on the basis of: 1st, the flour used (maize, wheat or barley flour) and 2nd, the method of preparation (leavened or unleavened bread).

The most common bread is unleavened maize bread; there are several kinds, differentiated by the degree of simplicity in their preparation:

--"Stachtocouloura": a mixture of maize flour, water and salt spread out on a tray. The dough is placed directly on the hot flagstones of the hearth and then covered with hot ashes.

--"Chamokouki": the same mixture. However, here the dough is placed under the "ghastra" covered with embers.

252 461 These two kinds of bread, very quickly prepared are the ordinary and easy solution both in the dwellings, since the women are always very busy, and during the migrations.

However, when the women have a moment of leisure, they make another kind of maize bread, this time leavened, which, if it is meant to be used by the family, is most often sent to the shepherds who are far from home.

252 First the dough is kneaded in a kneading-trough with yeast; the loaves are then given their final shape on the "plastiri"; when the loaves are shaped they are put in the "pinakotti" under thick covers to let them rise, then they are put on a tray that is taken to the hearth where they are baked under the "ghastra."

Finally, there is a leavened bread of wheat flour that is

/109 cont./

252 prepared in the same way as the preceding. This bread appears on the
262 tables /110/ of the Sarakatsani women only on special occasions
574 (the arrival of a visitor, holidays, weddings, etc.).
527

252 Culinary art: Here again it is necessary to distinguish between
262 a number of cooked foods, on the one hand, and pastries on the other, which /together/ make up the basis of the diet of the Sarakatsani.

128 However, preliminary to the description of the different
234 Sarakatsani "dishes" it is suitable to begin with the method of preparing of cheese since cheese and butter make up the main ingredients of most foods.

234 We know that the milk produced is sold in bulk to a contractor
252 who transforms it into butter and cheese. This system is not practiced
439 either in the course of the seasonal migrations--the contractor not
22 being a nomad who follows the caravan--or, with better reason, in the course of the first summer months when the milk production decreases rapidly from day to day until it is near zero, so that the presence of the contractor unnecessary. It is during these two periods that the milk is made into cheese by the Sarakatsani themselves, to take care of their own needs. This is how they go about it:

234 The milk, at milking temperature of perhaps slightly heated
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Fig. 92

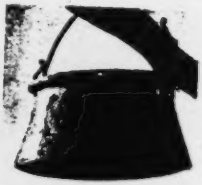

Fig. 91

/110 cont./
234 252 is poured into a kettle (fig. 91) to which a certain amount of rennet is added. A half hour later the milk, stirred with wooden spatulas (fig. 92) is curdled.

234 252 415 /111/ By means of a kind of large spoon, a "ladle" rather, called "koutlas" (fig. 93) the curdled milk is decanted into the "tsandiles" or bags made from a square piece of transparent cheesecloth the four

Fig. 93

corners of which are tied together. This bag is then suspended from the branches of a tree (fig. 94) in order to let the whey drip into small tubs below.

234 252 The next day the drained cheese is placed on a small low table; it is cut in slices and, after being salted, it is placed in a tub [251] where it remains five or six days. This cheese is then ready to be eaten; it is stored in casks or goatskin bottles.

That is not all. The whey drained into the small tub is decanted into a kettle in which it is heated. When the temperature /Figure 94 appears here/ rises there is formed on the surface a kind of white cheese low in fat, which is gathered up with a spoon and which is called "mytzithra." This cheese is then treated like the preceding.

[231] The remaining liquid is used as food for the dogs and pigs.

257 262 Now a rapid presentation of the most characteristic Sarakatsani cooked foods:

--"Katsamaki": this is a mixture of hot water and maize flour seasoned with salt and pepper, which is /112/ boiled to a pasty

/111/

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Fig. 91

252 /112 cont./ consistency. Sometimes oil or butter and cheese are added.
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--"Kourkoutti" is a variation of "katsamaki": it is the same mixture but to which is added a small quantity of onions that are browned separately in a frying pan.

--"Tripsana": pieces of dry maize bread are boiled in salted water or in a vegetable broth. Seasoning and oil or butter are added.

--Almost the same thing is done with pieces of wheat bread which are also boiled, but in butter and cheese is added as well. This dish is called "papàra."

--"Kousmari" is another dish in the Sarakatsani diet. Some cheese just prepared and not yet salted is placed in a receptacle and exposed to the sun until it is slightly fermented. The receptacle is then put on the fire and a little flour is added. The mixture is stirred until it thickens.

--Finally, "nerstà" or "birbilonia" are a kind of dough made with wheat flour. One spreads the flour on a table, sprinkles it lightly

/112 cont./

252 262 with water and gathers up the small balls which form spontaniously. Water is brought to a boil. A small quantity of oil or butter and then seasoning are added. Sometimes these pellets, are fried in oil together with onions.

"Tripsana," "papara," and "kousmari" are dishes prepared chiefly by shepherds during their stay in the sheepfolds far from the dwellings. Here we have an exception to the rule (23)

23. See below, pp. 177-179.

which demands that culinary work be reserved for the women.

Now we come to the preparation of pastries, the most characteristic of which are the following:

The pastry with grasses: between layers of dough well rubbed with oil or butter and placed in a flat receptacle one spreads a layer made up of a mixture of edible wild aromatic herbs finely chopped, onions, cheese, butter or oil seasoned with salt and pepper and slightly cooked beforehand in a saucepan.

/113/ Another mixture may also be substituted, likewise cooked beforehand and containing cheese, milk, butter and flour. In this case the pastry which is called "galatopitta," is considered a treat.
/Fig. 95 appears here/

For the "striftopitta" or "psaropitta" the method of preparation is completely different. One starts by kneading a dough with a flour base whereupon one divides it into several parts. Each part is carefully worked with the "plastis" on the "plastiri" (fig. 95) until one obtains a circle approximately 60 centimeters in diameter, as thin as a sheet of paper, which is called /114/ "fylla" (leaf). Let us say parenthetically that these "fylla," placed one on top of the other in a receptacle may take the place of the various layers of dough in the preparation of the pastries already described. Then one prepares a mixture of white cheese and "trachanas." (24)

3: Kabbadias--129 E-4,5 (no date) 1965 EH14 Sarakatsani EH14

/113/

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Fig. 95

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[191]

/114 cont./24. "Trachanas" is a kind of dough made in all regions of Greece. It is a mixture of flour and milk, dried in the sun. Then one crushes this mixture and ordinarily uses it in making soups.

A little of this mixture is spread on each of the leaves which then is rolled to make a stuffed cylinder, which is placed in a large round dish along the edges. The procedure is repeated for each of the leaves until the dish, filled with rolled-up cylinders one behind the other, resembles a giant snail which is coated with butter before being cooked under the "ghastra."

/114 cont./

252 262 In order to conclude the inventory, it is necessary also to speak of the grasses and vegetables that the Sarakatsani use. The first are made up chiefly of dandelions and other edible wild plants gathered in the countryside, either to be cooked in water for a salad or to be used in making pastries (caucalide, (25) aromatic chervil

25. Condulocarpus apulus.

parella [a type of lichen], wild leek, etc.)

Among the second belong the beans, broad beans, lentils and, recently, potatoes and rice; however, their preparation does not present any peculiarity that need be reported here.

262 Meat, finally, does not make up any of the dishes that we have described. This is because meat constitutes altogether unusual food. (26)

26. Thurnwald: Economie Primitive, p. 121, says that pastoral peoples only exceptionally kill animals for their meat. Livestock is capital on the income of which the people live.

In fact, the herders do not readily "sacrifice" their livestock for their food. However, it is customary that for Christmas, Easter, [529] [574] St. George, St. Demetrius, each one's personal feast day and each time hospitality is called for (whoever the visitor may be), they kill a lamb and roast it on the spit. In all these instances the killing of the lamb takes on a ritual significance which justifies the "sacrifice."

It should be noted that this description of the Sarakatsani cuisine is a faithful account of the diet common among them.

/115/ --The cooking of foods

372 [252] The Sarakatsani practice several methods of cooking, which presuppose a method of lighting fire. This method consists of an oblique striking impact: a flint is struck with an iron hammer; the sparks which are produced ignite a piece of tinder (fig. 96). Then the fire is transferred to /Fig. 96 appears here/ dry grass of brush lying on the hearth (fig. 64). In order to stir up the fire they have recourse to a

/Fig. 64 appears on p.92--Analyst/

/116 cont./

252 415 [412] flagstones, the coals or on the tripod. They are then carefully covered with the "ghastra." Let us note that the hot "ghastra" is manipulated by inserting the "xethali" (wooden poker, fig. 15)[A] in its handle. Finally, the "ghastra" is covered with coals. Figures 97, 98, 99 show stages of cooking under the "ghastra."

It is under the "ghastra" that the Sarakatsani cook the various kinds of bread and pastries that we have described.

252 Cooking in the oven: the oven is used collectively (moreover, the use of the oven is relatively recent among the Sarakatsani), that is to say that the oven is built only in the midst of large aggregates of huts. The oven is chiefly meant for baking bread. In order to bake the bread, one must first heat the oven. Shrubs and logs are ignited and allowed to burn up completely. Then the ashes are heaped up with a shovel and the flagstones cleaned with a rag attached to the end of a pole. After that the bread needs only to be put in the oven and left there the necessary time.

The loaves to be baked are set directly on the flagstones of the oven.

Cooking on a spit: this is the most common method of roasting meat.

252 262 More specifically, the Sarakatsani, in preparing meat, cook only whole lambs. In their traditional life, the preparation of pieces of meat previously cut up is not customary. Moreover, the only meat they eat is that of lambs and, more rarely, of goats. Of course, pigs and some poultry raised by the women are used for family consumption. However, their role /in the diet/ is so minimal that it in no case be considered substantial, or a basic food. /117/ /Figs. 97, 98, 99 appear here/

252 /118/ Cooking on the spit involves several stages. First, a one-by-two meter pit is dug some 50 centimeters deep in which coals are prepared; then the lamb is pierced from end to end with a spit which is placed on two forks set at the two extremities of the pit. Sometimes the height

A,/Fig. 15 appears on p.44--Analyst/

[TEXT CONTINUED ON PAGE 134]

/248 cont./

121 842 directly promote fertility, and those, finally, which, though directed toward different ends, indirectly aid fertility. Practices dealing with [233] human beings are in many respects different from those applied to animals But since the ideas and beliefs that determine them are almost the same, we shall study them together.

* * * *

842 The phenomena that call forth the intervention of magic, classed according to cases, are the following, beginning with sterility.

842 262 [825] /249/ In order to avoid it, the Sarakatsani woman and young girl must abstain from eating the meat of a sterile animal, the defect of the latter being considered contagious. On the other hand, if a family is very large it is advisable to give the mother such meat in order to stop her fertility. (1)

1. See B. Skafidas: Ibid., p. 1104.

842 754 Now for the male: under his wedding clothes the husband must keep his soiled drawers, for if this underwear should fall into the hands of his enemies they would use it to practice magic on it and cause his impotence (2)--any object which is even temporarily in contact with someone

2. Ibid., p. 463.

842 825 789 being the best means of transmitting evil to them. Furthermore, the newly married couple wear the head of a viper as an amulet. We shall not dwell on this point, for we shall have occasion, to come back to it. Finally,

233 825 789 as far as the livestock is concerned, it is necessary, in order not to provoke sterility, to be silent about the fertility of animals and above all about the number of animals that have mated, probably because of the "evil eye."

842 [531] Non-sterility having been assured, it is necessary to pass from the negative to the positive, therefore to act appropriately /Fig. 100 appears here/ to promote fertility. First, human fertility: the bottom of the wife's

/249 cont./

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Fig. 100

842 skirt, her bodice, her stockings and her knitted sleeves are bordered
531 with geometric motifs, the predominant one being the cross. The central motif, as well as the secondary motifs surrounding it are variations of the same symbol (see figures 84-87). The Sarakatsani call them indiscriminately "moons." These same "moons" are found on the wedding pastry
[262] [585] prepared for the wife, but this time in the shape of a four-petal rose of spirals or interlaced lines in relief (see figure 100). The study of this cake will be the subject of a special paragraph.

844 /250/ A second point to be emphasized concerns childbirth practices.
602 The mother-to-be, assisted by the women of the family (the men must absent themselves at this time), gets on her knees on the ground close to the hearth where a very bright fire is burning. When the child arrives the oldest of the assisting women puts her hand under the skirt of the mother (who does not undress) and receives the child. The placenta, when it has
[783] come out, is removed by the aunt on the father's side, or secondarily by the aunt on the mother's side, and after having been fumigated with incense, is buried behind the hut in a corner where neither men nor impure animals may walk.

A, /See p.119--Analyst/

/250 cont./

844 602 (114)

animals may walk. According to Madame Hadjimichali, (3) the burial takes

3. Ibid., A.I. p. ~~...~~ .--A statement that our own observations have not permitted us to confirm.

place under the very hearth of the hut. No glance, especially not a male one, must fall on the placenta at that moment.

764

A practice of parallel significance is found in death customs. The deceased is laid on the ground on a velentza until the moment of burial. And in order that his soul should find rest and forgiveness of men and God, [775] [262] "the cake of the dead," the kolyva is prepared on a plate from grains of wheat boiled in water. It represents the body and is likewise placed in the ground.

842 [784] [825] [128]

Finally, we must mention again the viper head which the spouses wear as an amulet.

If we have presented all these practices without comment it is because we intend to discuss them all together.

842 821 823 825 831 372

What stands out first of all when we consider them is that the Sarakatsani appeal to the moon, the earth, the fire and the snake--personifying the forces whose common trait is their favorable influence on fertility. All four represent the source of life: the moon "living and inexhaustible in its own regeneration...and the source of universal fertility"; (4)

4. See M. Eliade: Traité, pp. 145, 148 and the bibliography. /?previously/ mentioned.

the earth, mother of all; (5) fire, symbolizing rejuvenation and immortality; (6)

5. See G. Samter: Geburt, p. 2 f., M. Eliade: Ibid., p. 223.

6. See H. Jeanmarie: Dionysos, p. 387.

the snake, image of the moon, which regenerates itself by shedding its skin, (7) and which resembles the phallus. (8)

7. G. Van der Leeuw: La religion, p. 67.

8. M. Eliade: Ibid., p. 152.

842 /250 cont./
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372
825 By wearing them or coming in contact with them one benefits from their virtues.

/251/ In practice all this is interpreted as follows: the decoration
531 of the skirt and the bride's cake serve as the lunar amulets. Giving birth
262 on the ground and in the posture in which the ancient goddess of birth
585 Eilithyia /Artemis/ is shown insures for the child the advantages which
844 come from contact with the earth. (9)
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9. See B. Nyberg: Kind und Erde, p. 207 f.--Birth by proximity, according to M. Eliade: Ibid., p. 265.--Van der Leeuw: Ibid., p. 119.--Monolina Marconi: Riflessi mediterranei /Mediterranean reflections/, p. 254 f. p. 254 f.--Marie Delacourt: Stérilité, p. 31 f.

844 The placenta which has nourished the child until then returns to the earth
464 where a new life will rise again (10)

10. G. Van der Leeuw: Ibid., p. 45.

(the position of the deceased directly on the ground and his commemoration by means of the grain which is buried and comes to life again symbolize the same life cycle). (11)

11. J. Przyluski: La grande déesse, p. 134 f.--G. Van der Leeuw: Ibid., p. 87.--P.M. Schuhl: La formation de la pensée grecque, p. 211.

372 The healing, invigorating fire which makes mortals immortal and which is
844 born from two pieces of wood representing the two sexes, (12)
842

12. G. Van der Leeuw: Ibid., p. 49, also citing Ad. Kuhn: Die Herabkunft des Feuers und der /sic--should be: des/ Göttertranks, p. 64 f.

protects the mother who gives birth in front of it, as well as the newborn child. (13) Moreover, it encourages a new impregnation by the burial of the

13. W. Mannhardt: Antike Wald und Feldkulte, p. 503.

/256 cont./

527 233 825 789 [574] [787] solemnly and in a high voice, speaks these words: "May ewes and goats be born." She is offered cakes and extended wishes for a long life and happiness. According to Madame Hadjimichali, the women can predict from the crackling of the fire whether the year ahead will be fruitful or or disastrous.

[796] The first day of the Orthodox Advent (40 days before Christmas) a long tree trunk is put in the hearth and allowed to burn for a while. Then it is extinguished and put to one side. This procedure is invariably repeated each morning. On Christmas morning the oldest woman of the family lights what is left and carries it lighted to the stroungha (Fig. 73) where she buries it at the entrance where the animals pass. (24)

[114] 24. A practice reported by Madame Hadjimichali (ibid., p. ρν') but that we ourselves have not encountered.

527 233 825 789 262 531 [114] On New Year's day, according to our own observations (on Christmas day according to those of Madame Hadjimichali), (25)

25. Ibid., A. II, pp. 346-350. This difference in the data is not surprising since the Sarakatsani groups are numerous and variations of customs are inevitable as a result of acculturation. It is to be noted that the non-Sarakatsani population make a pastry on New Year's day. It is possible that the statements of Madame Hadjimichali report a state of affairs before our own investigation. In this connection we wish to emphasize that Madame Hadjimichali gives a very fine description of the cakes in question, with superb drawings.

each mother of a family prepares a pastry decorated with motifs in relief, which represent /257/ a stroungha with sheep, imprints of horseshoes, a dog, shepherd reeds, distaffs, vipers and last of all scorpions. The whole is an evocation of the economic life of the Sarakatsani, the stroungha,

A, /See p.100--Analyst/

/257 cont./
the dogs and the reed of the shepherd symbolizing herding, the distaff, the wool crafts, the horseshoes, the means of transport and the migrations, the vipers and scorpions, the protective forces.

The complex of ideas and beliefs symbolized by all these practices is clear. As a female who is a virgin, the young girl is the most appropriate being to promote birth, especially the birth of female animals at the very moment when one cycle ends and another begins it for the new year coincides with the period of lambing. The woman, besides, is a tangible force of fertility and is very often found at the center of customs and rites having to do with the fertility of the earth. (26)

26. See G. Van der Leeuw: Ibid., p. 85-86 and material cited by him.

Moreover, she is connected with the moon from which she derives her symbolic virtues. As a result, she is likewise bound up with the waters. (27)

27. Varron: Ling. Lat. 5, 61.--The goddess of fertility is the goddess of the waters.--See J. Przyluski: Ibid., p. 27.--She ruled the elements, held sway over the air and the waters. --See Ch. Picard: Ibid., p. 377.

She is thus charged with pouring butter and cheese into the spring--a libation for abundance, (28) very conveniently connected with the ritual

28. The offerings at springs, pools and water holes are very frequent in different regions of Greece, and are practiced to the same ends as those of the Sarakatsani, see Ph. Koukoules: Ibid., vol. I, part II. p. 274 and his citations.

of Christmas day. It completes the latter and its specific symbolism aims to assure one after another the following ends: fertility, birth of females, productive animals, abundance.

The symbolic efficacy of fire, here in the form of the half-charred log, (29) of grain in the form of the pastry, of the snake and the scorpion

/257 cont./

233 825 789 [171] [342]

29. It is known that in several countries, including Greece, the maypole is burned--a reminiscence of the ritual of the Hilaria festival in Rome, in honor of Attis (a complete description of which is found in E.O. James: Ibid., pp. 205-208), which promotes universal fertility,--M. Eliade: Ibid., p. 264.

233 825 789 262 531 [171]

(underworld forces) is known to us. Even here these entities exert an influence favorable to abundance (30) by /258/ affecting the economic

30. A very fine study of St. Basil's pastry (Greek homologue of the cake of kings prepared in France) and hence of all the ceremonial pastry and bread of Christmas, New Year's day, marriage, etc., in Greece has just been published by the Greek ethnologist D. Doukatos: [illegible] A detailed analysis of this custom, accompanied /258/ by commentaries on its significance in promoting well-being, abundance, prosperity, etc., as well as on its origins, and a study comparing it with similar customs of the West clarifies this problem. From the copious bibliography we single out two works: Margaret Hasluck: The Basil-Cake of the Greek New Year /cited in English/, pp. 143-177, and G. Bidault de l'Isle: Vieux dictons de nos compagnes, p. 43-44.

mechanism (the decoration of the pastry and the combination if its motifs constituting an indisputable illustration). We must take into account the

233 825 789 777 527

fact that the magic practices in general fulfill a multiplicity of functions. But two things must still be noted: First, the Sarakatsani, like all Greeks, attach a special importance to the first person who crosses the threshold of the house on New Year's day, for if the person brings luck, the year will be favorable; if he brings ill luck, the year will be disastrous. (31)

[171]

31. This belief, very widespread in Greece, already existed in antiquity: [illegible] and even

/268 cont./

776 descriptions of satyrs. Sharp claws and piercing cries are attributed to them. In order to prevent them from entering the hut, the entrance door
776 789 is covered with wild asparagus (the thorny shrub repulsing the evil),
(824) asphodel bulbs (the flower of the dead according to Hellenic beliefs,
(412) hence indicated for exorcising underground demons), (56). One may also
(312) 56. The bulbs symbolize life. They are dry but sprout once they are planted. Thus any threat against life in the broad sense of the tera can be neutralized by them.

instead place there the xethali of the hearth (see above, p. 44, figure 15), that type of poker symbolizes the fire and therefore its purifying force. However, the kalikantzari take advantage of the slightest opportunity to enter the hut. So to protect oneself from their wicked tricks it is necessary to avoid sitting too near the hearth of leaving there an uncovered pot, and to see that all the dishes are put back--precautions which prevent these spirits from soiling men, utensils and food. It is also necessary to drive a fork into raw meat [the prongs of the fork threaten to painfully prick the "kalikantzari"). One must also avoid washing one's
(515) head and combing one's hair during the days when the kalikantzari move about on the earth, in order to give them no opportunity to get into one's hair, "for the acts of men influence the spirits." If the kalikantzari
776 dirty the food it is no longer edible. A Sarakatsani told us that one day
789 during the Christmas festivities, his mother and he had roasted some pieces
262 of meat for their lunch on the embers of the hearth in their hut. This
252 meat seemed tastless to them. They first thought they had not added enough salt. In the evening they prepared some of the same meat in a pot. This time the taste was truly abominable. They then realized that they
(251) had forgotten to stick a fork into the piece of raw meat /269/ hanging in its usual place in a corner of the hut; they concluded that the kalikantzari had urinated on it.

776 789 However, the radical procedure that puts an end to their sojourn among

/331 cont./

796 474 554 [188] [252] the entrance of the hut. After that he kindles the fire and puts the lamb on the spit; he personally oversees the cooking of it. The women do not interfere in it. Thereupon everybody feasts.

[596] /332/ All this has an unquestionably ceremonial and sacrificial character; this time the protagonist is a man, the head of the family or the Tséligas.

796 [776] [474] [554] [574] [782] Variations of the same ritual are repeated during the festivals of St. Demetrius and St. George, both (especially the first), considered protectors of the Sarakatsani. They are also carried out on the occasion of the personal anniversary of the Tséligas, when a stranger calls in the konakia and is offered hospitality, and finally for the votive festival of the stani, the group formed around the business, that is to say, the Tséligato.

796 782 474 596 776 [554] This last point requires a more detailed explanation. Many Tséligatos are "dedicated" to a saint. Sometimes, in case of necessity, out of confusion or despair, certain Tséligas implore the help of a saint by promising to offer, on the day of his anniversary and in perpetuity, at a church or a monastery dedicated to him, money, incense, candles, lambs, etc. Very often, a small flock is formed, the profit from which "is consecrated to the saints." This promise is scrupulously kept and is obligatory for the descendants of the one who made the vow. Of course, the festival of the stani is celebrated on the day of its patron saint's anniversary.

796 755 782 [252] [262] In case of serious illness it is customary to summon the priest, to read the prayers for the sick, and to celebrate a mass in a monastery or a church. Then, with the customary offerings (bread, wine, oil, incense, candles, etc.), the Sarakatsani bring a lamb which they attach to the door of the church during the service and which is killed and roasted on the spit afterwards, like a sacrifice. The meat is distributed among all

/332 cont./
796 the people who attended the service and who must make prayers conform-
155 ing to the wishes of those who organized the ceremony.
782
262 Let us note that the killing and common consumption of a lamb
796 are required on two other occasions, marriage and baptism, and that,
262 in addition, the same practice is found in the funeral customs of which
585 we shall speak later on.
782
124

The explanation of these customs is very simple. Semantics is very
782 useful to us on this point. To indicate the solemn putting to death
196 of the lamb, the Sarakatsani use the Turkish word courbani or the Greek
thusia which means "sacrifice."

At first glance one might be tempted by the hypothesis that the term "sacrifice" has merely an economic meaning--/333/ the death of any
(114) animal representing a privation for the herder. This interpretation, very incomplete if not biased, is inadequate.

782 The context in which the sacrifice takes place suggests three hypotheses: the sacrifice is first of all an offering to divine forces. It is also a gift to an outside visitor. Finally, it is an immolation bound up with certain circumstances of transition.

One fact among those we have mentioned is particularly revealing in connections with the ideas determining these customs. It is the offering of lambs to the church because of a vow or under pressure of a serious illness. In both cases a life is offered to ward off the threats against existence and to safeguard the life of the group or of an individual. There is here an exchange of potentialities which ethnography and the history of religions have known for a long time.

The offering of a life to ensure a favorable outcome in new
782 situations originates from the same concern. The immolation of animals
191 at the time something new materializes, for example, the foundations of a new house is known in Greek custom. And in Hellenic folklore there is a

/339 cont./
postulate of representation.

Under the table where a feast is served after the burial an iron object is placed. This will transmit its solidity to the participants and protect them from a new attack by Charon who is presumed to be loitering about in the vicinity. (16)

16. In numerous societies "iron keeps away all kinds of phantoms." See K. Birket-Smith: Ibid., p. 400.

/340/ ETERNAL REST AND THE CONTINUATION OF LIFE.

The interdependence of the living and the dead (mentioned briefly above) preached by Christianity on behalf of the repose of the soul and carried out by forgiveness, also occupies a place in the funeral customs of the Sarakatsani. Of course, our herders do not formulate their forgiveness of the dead in a simple thought or phrase, as suggested by the Gospel, which says that all contact with the beyond can be only spiritual, but they surround it with a complex ritual.

After the burial and in conformity with ancient customs of the country, a feast brings together, as we have said above, all those who were present. Food without meat is eaten and wine is drunk. Rice is forbidden for, as a symbol of rootedness and increase, it is in danger of causing evil to take root and multiply. The nearest relatives do not eat, and this for two reasons: the one social, the other religious. The people in mourning must not show appetite. And it is necessary to observe a fast for the repose of the soul of the deceased--a further manifestation of solidarity between the living and the dead. It is while drinking that a wish is formulated for the eternal rest of the deceased. Moreover, one chants anew the miroloia which emphasize distress at departure from this world and the deprivation of the joy of living, but which likewise express the conviction that life is agreeable even in the other world.

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1
Sara Katsani EH14
Vlachs EH15

On the credit side, one must reckon 5 to 7 okas of milk each year from the producing animals for family consumption, with some of this being worked into cheese. The family also has a supply of meat from the flock. But the greatest gain is a 15 percent annual increase in the flock that the owner can expect even if he sells the lambs listed in the table of income; this means that a year later the flock of 700 should number 805, barring serious diseases or natural disasters.

Some of the discussions revealed further interesting facts: winter pasture costs 50 drachmas per animal in winter and 20 in summer; a sheep needs more than one oka of salt each year; the chief shepherd, when he goes on business trips to arrange for the sale of his milk or lambs or to hire shepherds, travels by bus, sleeps in a hotel, eats in restaurants, and thinks of himself as a businessman; there is a small tax per oka of milk which is paid to the winter community by the "grocer," who buys the milk.

What was to have been a short conference beginning at five in the late afternoon extended to nine o'clock without a moment's let-up. There was much loud talking, which would lead a stranger to expect a fight the next minute; but then someone would make a humorous remark at which everyone would laugh. Use of pantomine, modulated voice control, appeal to the neutral listener to agree to the case one was presenting, humor, and willingness to follow an argument to its logical conclusion — all made one think of the agora of classic Athens transferred to a dimly lit, modestly furnished upstairs office of a gentle, well-informed government bureaucrat. And just at the crescendo of what seemed to be the verbal prelude to physical violence, the words "symphonia, symphonia" would ring out, thus showing that agreement had been reached. Voices and feelings would calm down for a while, before some new dramatic moment would build up again. Berates, the Karagoun, sat more quietly than the rest but seemed to enjoy the session just as much.

As we parted in the dark streets of Ioannina, where Turkish architecture with its balconies and minarets in the moonlight makes one suddenly feel very much a part of the East, Christos Berates agreed to visit us late on the next day in Konitsa and take us out to his night encampment.

In the time intervening, through the courtesy of the director of agriculture, I had an opportunity to read the classic Greek work on the nomads, published in 1925 as a bulletin of the Greek Agricultural Society under the title of *Nomadic, Permanent and Agricultural Livestock Production in Greece.*[1] It was most encouraging to find that the observations I had made corresponded as far as they went to those of the author, Demosthenes Sirakes. Needless to say, he provided many more details than I could have collected in the time at my disposal.

For one thing, he estimated the nomad livestock owners in 1925 at 13,700 families, divided as follows: